



My favorite food essay sample

We need food for various reasons. Some of the grounds get based on their nutritious nature and the good substances they offer to us. The result gets noted in the maintenance of life and continuity of growth of both body organs and other complex structures (Beeton, 2012). Even as the assertion gets noted, different people got preferences of different food. Therefore, the paper gets founded on my favorite food, the one that I enjoy most every time I consume.

The food that favors my interest gets based on broccoli. Whenever I consume this food, some sense of health and safety gets restored to me. Equally impressive, broccoli gets noted as a delicious food especially its roasted florets that usually come with 5 min prep and tossed in parmesan- garlic (Rose & 3M Company, 2014). Whenever I get to consume it in this combination, I get fulfilled and feel its side of perfection. The food reassures me of my freedom concerning diseases like cancer due to its component of glucoraphanin which provides anti- cancer compound of sulforaphane. The food also gets packed with soluble fiber that draws cholesterol out of an individual's body. This food despite getting noted as a vegetable stands out as one of my best food substances. It makes me get the great sense of health and make me look too.

Conclusion

Broccoli stands out as my favorite food due to the health benefits that it offers to me as depicted in the entire paper. The benefits mentioned on the food gets noted as a few credits among other numerous advantages. The delicacy of the food gets justified by the large consumption that gets recorded across the globe;

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